

decreases in linoleic acid, alpha 1linolenic acid and docosahexaenoic acid. The results revealed that smoking cessation led to a significant increase in HDL cholesterol, despite the increase in body weight and plasma saturated fatty acids. These results also imply both direct and indirect effects of smoking cessation on lipoproteins the fatty acid composition of different lipid fractions. However, a longer follow-up period including dietary data will be needed to evaluate the stable alterations in the fatty acid composition of different lipid fractions after smoking cessation.

5/AU, TI, SO, AB/77 (Item 6 from file: 73)
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Chronic nicotine ingestion improves radial arm maze performance in rats
Poincheval-Fuhrman S.; Sara S.J.

BEHAV. PHARMACOL. , 1993, 4/5 (535-539)

Effects of chronic nicotine treatment on spatial memory were studied in rats. After 3 weeks of administration of 2.5 mg/kg/day in drinking water, the rats were submitted to a spatial learning task in an eight-arm radial maze, during which time the treatment was maintained. Chronic nicotine treatment improved daily spatial memory performance after the animals reached an asymptotic level. Nicotine-treated animals showed significantly better performance than control animals regarding the first error and the total correct path choices.

5/AU, TI, SO, AB/78 (Item 7 from file: 73)
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Nicotine polacrilex and post-smoking cessation weight gain: Dose and gender effects

Leischow S.J.; Sachs D.P.L.; Bestrom A.G.; Hansen M.D.
NIDA RES. MONogr. SER. , 1993, -/132 (322)

5/AU, TI, SO, AB/79 (Item 8 from file: 73)
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Strategies to counteract readjustments toward lower metabolic rates during obesity management

Dulloo A.G.
NUTRITION , 1993, 9/4 (366-372)

5/AU, TI, SO, AB/80 (Item 9 from file: 73)
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Effectiveness of self-help smoking cessation guides for firefighters
O'Hara P.; Gerace T.A.; Elliott L.L.
J. OCCUP. MED. , 1993, 35/8 (795-799)

Most smokers would prefer to quit smoking on their own. However, among specific blue-collar occupations it is not known whether self-help techniques will be effective or even used to help smokers quit smoking. In this study we evaluated the effectiveness of a self-help smoking cessation guide designed specifically for firefighters (FF) and compared it with the American Lung Association (ALA) guide designed for the general public. We hypothesized that a shorter guide (FF), written in the jargon of the fire service, and formatted as a workbook would be more effective. One hundred five firefighters randomly received either the ALA or FF guide after having an annual physical examination. Twelve percent of the ALA group and 11% of

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the FF group quit smoking after the physical examination but before receiving the guides. We found no relationship between the specific guide that the firefighters received and subsequent smoking status. Few firefighters reported filling out pages of the ALA guide (11.9%) or the FF guide (17.8%). For smokers who have not reached the active stage of quitting smoking, guides may not be a factor in quitting. Screening smokers to determine their 'stage of change' at the physical examination may increase the effectiveness of self help guides.

5/AU, TI, SO, AB/81 (Item 10 from file: 73)
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Nicotine pharmacokinetics of Nicoderm (R) (Nicotine Transdermal System) in women and obese men compared with normal-sized men

Prather R.D.; Tu T.G.; Rolf C.N.; Gorsline J.

J. CLIN. PHARMACOL., 1993, 33/7 (644-649)

This study examined the effect of gender and body weight on the pharmacokinetic properties of the Nicotine Transdermal System (NTS) (Nicoderm). This NTS was applied for 24 hours to 13 normal-sized men, 13 women, and 13 obese men, all of whom were smokers who had abstained from cigarettes for the previous 24 hours. Pharmacokinetic parameters were determined during a single application of the system. The mean nicotine maximal plasma concentration (C_{max}) and area under the curve (AUC) values for women did not differ significantly from those for normal-sized men. Nicotine C_{max} and AUC values, however, were significantly lower in obese compared with normal-sized men; nicotine AUC was strongly correlated to body weight and body mass index. Mean apparent nicotine elimination rate constant values were not significantly different between normal-sized and obese men, but the apparent elimination rate constant value was significantly higher in women. The possible clinical significance of the differences in nicotine AUC values with body weight is discussed.

5/AU, TI, SO, AB/82 (Item 11 from file: 73)
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Strategies to minimize weight gain after smoking cessation: Psychological and pharmacological intervention with specific reference to dextroamphetamine

Spring B.; Pingitore R.; Kessler K.

INT. J. OBESITY, 1992, 16/SUPPL. 3 (S19-S23)

Cigarette smoking suppresses body weight, discouraging many smokers from trying to quit. Behavioural therapies have so far proved unsuccessful in preventing post-cessation weight gain, and have in fact tended to undercut abstinence from smoking. The mental demands of implementing behavioural weight management strategies may compete with the concentration needed to maintain abstinence from smoking. Consequently, a pharmacological approach offers potential treatment advantages by minimizing the effort needed to achieve weight control. Of the agents found effective in minimizing weight gain, serotonergic drugs, particularly dextroamphetamine, show special promise because they prevent an increase in caloric intake but do not decrease energy intake below pre-cessation levels.

5/AU, TI, SO, AB/83 (Item 12 from file: 73)
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Increased saliva cotinine concentrations in smokers during rapid weight loss

Niaura R.; Clark M.M.; Raciti M.A.; Pera V.; Abrams D.B.

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J. CONSULT. CLIN. PSYCHOL. , 1992, 60/6 (935-987)

5/AU, TI, SO, AB/84 (Item 13 from file: 73)
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Effects of fluoxetine on weight gain and food intake in smokers who reduce nicotine intake

Pomerleau O.F.; Pomerleau C.S.; Morrell E.M.; Lowenbergh J.M.

PSYCHONEUROENDOCRINOLOGY , 1991, 16/5 (433-440)

The effect of fluoxetine hydrochloride, a 5-HT uptake inhibitor (60 mg/day PO), in preventing weight gain associated with nicotine reduction was investigated in participants in a double-blind, placebo-controlled smoking-cessation trial. A lunch of cheese pizza and chocolate bars was offered, and caloric intake was monitored. The analysis focused on subjects (placebo: n = 11; fluoxetine: n = 19) who succeeded in reaching cotinine levels of less than 50% of their starting cotinine levels (signifying a stringent reduction in nicotine intake) and who participated in pre- and post-nicotine reduction lunch sessions 70 days apart. Subjects on placebo gained significantly more weight (mean plus or minus SEM = +3.3 plus or minus 0.7 kg) than subjects on fluoxetine (-0.6 plus or minus 1.2 kg). In fluoxetine-treated subjects, weight gain/loss was strongly correlated with initial body mass index, with higher BMI being associated with greater decreases in weight. A trend towards decreased caloric intake in the fluoxetine group was observed; the change in total calories at lunch was significantly correlated with weight change, an association accounted for principally by change in pizza intake. We conclude that fluoxetine treatment effectively prevents the weight gain that accompanies nicotine reduction and that this phenomenon is mediated, at least in part, by diminished caloric intake.

5/AU, TI, SO, AB/85 (Item 14 from file: 73)
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Nutritional implications in recovery from substance abuse

Daniel E.L.

EMPLOYEE ASSIST. Q. , 1991, 7/1 (1-7)

5/AU, TI, SO, AB/86 (Item 15 from file: 73)
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Pharmacologic approaches to smoking cessation

Sachs D.P.L.; Leischow S.J.

CLIN. CHEST MED. , 1991, 12/4 (760-791)

Only 25 years ago, tobacco dependence was believed to be a simple overuse problem. Research in the last 5 years has demonstrated a much more complex and profound neurochemical and behavioral disorder. Nicotine receptors in the locus coeruleus and the midbrain mesolimbic dopaminergic system activate both arousal state and enhance cognitive functioning (locus coeruleus) and activate the brain's 'pleasure center' (mesolimbic system). Pharmacologic treatments, which must be completely integrated into the behavioral treatment plan, alter these profound central nervous system nicotine effects. Currently the only agent with clear scientific evidence for treatment efficacy is nicotine itself. Available only in a transmucosally delivered ion exchange resin as nicotine polacrilex (Nicorette), nicotine should soon be available in other delivery forms that will have different absorption kinetics: transdermal patch, nasal spray, and vapor inhaler. Other agents in various phases of preclinical and

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de clinical evaluation include 5-HT(1A) partial agonists such as buspirone; alpha2-noradrenergic agonists such as clonidine; tricyclics such as doxepin; serotonin reuptake antagonists such as fluoxetine; ACTH; 5-HT2 antagonists such as ritanserin; central excitatory amino acid inhibitors such as kynureneate; and calcium channel blockers.

5/AU, TI, SO, AB/87 (Item 16 from file: 73)
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Influence of nicotine on tissue trace element concentrations and tissue antioxidant defense

Dubick M.A.; Keen C.L.

BIOL. TRACE ELEM. RES., 1991, 31/2 (97-109)

5/AU, TI, SO, AB/88 (Item 17 from file: 73)
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Teratogenic effects of nicotine on palate formation in mice
Saad A.Y.; Gartner L.P.; Hiatt J.L.

BIOL. STRUCT. MORPHOG., 1990/91, 3/1 (31-35)

Fetuses of pregnant CD 1 mice, exposed to intraperitoneal injection of 0.1% nicotine sulfate at a dose of 1.67 mg/kg body weight/day on gestational days 6-15, were compared with control (saline injected and non-injected) fetuses to assess the effects of nicotine on fetal growth in general and palatogenesis in particular. A total of 50 pregnant females (18 experimental and 41 control) were sacrificed on the 18th gestational day and their fetuses were examined gross morphologically and histologically (using serial sections through the head in the frontal plane). Data analysis revealed that maternal weight gain, crown-rump length, fetal weight and head dimensions were significantly reduced in nicotized treated animals when compared to those of the controls. Histological examination revealed that 9.6% of fetuses of nicotine injected mothers presented clefts of the palate, whereas none of the control fetuses had that anomaly. It was concluded that nicotine has a detrimental effect on general growth and development as well as on palatogenesis of mice.

5/AU, TI, SO, AB/89 (Item 18 from file: 73)
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Symptoms of Tobacco withdrawal. A replication and extension

Hughes J.R.; Gust S.W.; Skoog K.; Keenan R.M.; Fenwick J.W.
ARCH. GEN. PSYCHIATRY, 1991, 48/1 (52-59)

Smokers ($n = 315$) who wished to quit were randomly assigned in a double-blind manner to groups using either nicotine or placebo gum. Self-reported and observed symptoms of tobacco withdrawal were collected before cessation and at follow ups of 1 to 2 weeks, 1 month, and 6 months. Self-reported and/or observed anger, anxiety, craving, difficulty concentrating, hunger, impatience, and restlessness were the most prominent symptoms of tobacco withdrawal. These symptoms had returned to precessation levels by 1 month except increased weight, hunger, and craving continued for 6 months in many smokers. Nicotine gum decreased most symptoms, including craving and hunger but not weight. Abstinent smokers with more intense withdrawal were not more likely to relapse. Abstinent smokers who gained more weight were less likely to relapse.

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